



TUALATIN HILLS
PARK & RECREATION DISTRICT

Conestoga Recreation & Aquatic Center 503-629-6313

Winter/Spring Adult Fitness Schedule Jan. 1 - June 14, 2015

No classes on holidays: 1/1, 1/19, 2/16, 4/25, 5/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Total Body Conditioning 6-6:55 am - Rm 201	Triathlon Training 5:50-7 am - Rm 201	Indoor Cycling 6-6:55 am - Rm 200	Triathlon Training 5:50-7 am - Rm 201	Total Body Conditioning 6-6:55 am - Rm 201		
7:00 am		Low Impact - Total Body Workout 7:10-8:05 am - Rm 201	Total Body Conditioning 6-6:55 am - Rm 201	Low Impact - Total Body Workout 7:10-8:05 am - Rm 201			
8:00 am		Group Fitness Cycling 8-8:55 am - Rm 200				Boot Camp 8-8:55 am - Rm 201	
8:30 am	Dig Deep (Aquatic) 8:30-9:30 am - Pool	Dig Deep (Aquatic) 8:30-9:30 am - Pool	Dig Deep (Aquatic) 8:30-9:30 am - Pool	Dig Deep (Aquatic) 8:30-9:30 am - Pool	Dig Deep (Aquatic) 8:30-9:30 am - Pool	Yoga 8-8:55 am - Rm 200	
		Pregnancy Water Fitness 8:30-9:30 am - Pool		Pregnancy Water Fitness 8:30-9:30 am - Pool		Zumba 9-9:55 am - Rm 201	
9:00 am	Boot Camp 9-9:55 am - Rm 201	Functional Movement 9-9:55 am	Boot Camp 9-9:55 am - Rm 201			Small Group Training 9-9:55 am - Weight Rm	Tai Chi, Yang 24-Movement Form 9-9:55 am - Rm 200
						Deep Water Warrior 9-9:55 am - Pool	
						Indoor Cycling 9:10-10:05 am - Rm 200	
9:30 am		Zumba 9:30-10:25 am - Rm 201		Zumba 9:30-10:25 am - Rm 201			
10:00 am	Yoga/Pilates Joint Functionality 10-10:55 am - Rm 201	Yoga 10-10:50 am-200	Yoga/Pilates/Individual Focus Component 10-10:55 am - Rm 201	Yoga/Pilates, Plus 10-10:55 am-200		Fit for Family 10-10:55 am - Rm 201	Zumba 10:15-11:10 am - Rm 201
10:30 am		Total Body Conditioning 10:30-11:25 am - Rm 201		Total Body Conditioning 10:30-11:25 am - Rm 201	Zumba 10:30-11:25 am - Rm 201		
11:00 am		Yoga, Baby and Me 11-11:55 am - Rm 200					
1:00 pm						Tai Chi For All 1-1:55 pm - Rm 200	Putting Meditation Back on the Mat 1-1:55 pm - Rm 200
4:30 pm	Functional Movement 4:30-5:25 pm - Rm 201	Teen/Tween Fit 4:30-5:25 pm	Functional Movement 4:30-5:25 pm - Rm 201	Teen/Tween Fit 4:30-5:25 pm			
5:30 pm	Cardio Core 5:30-6:25 pm - Rm 201	R.I.P.P.E.D. 5:30-6:25 pm - Rm 201	Cardio Core 5:30-6:25 pm - Rm 201	R.I.P.P.E.D. 5:30-6:25 pm - Rm 201	Total Body Conditioning 5:30-6:25 pm		
	Small Group Training 5:30-6:25 pm- Weight Rm		Small Group Training 5:30-6:25 pm- Weight Rm				
	Move 6-6:55 pm - Weight Rm	Yoga 6:15-7:10 pm - Rm 200	Teen/Tween Yoga 6:15-7:10 pm	Yoga 6:15-7:10 pm - Rm 200			
		Dig Deep 6:25-7:25 pm - Pool		Dig Deep 6:25-7:25 pm - Pool			
6:00 pm	Total Body Conditioning 6:30-7:25 pm - Rm 201	Zumba 6:30-7:25 pm - Rm 201	Total Body Conditioning 6:30-7:25 pm - Rm 201	Zumba 6:30-7:25 pm - Rm 201	Black Light Zumba (1st & 3rd Fridays) 6:30-7:25 pm - Rm 201		
		Small Group Training 6:30-7:25 pm- Weight Rm					
7:30 pm	Zumba 7:30-8:25 pm - Rm 201	Boot Camp 7:30-8:25 pm - Rm 201	Zumba Step 7:30-8:25 pm - Rm 201	Boot Camp 7:30-8:25 pm - Rm 201			
	Group Fitness Cycling 7:30-8:25 pm - Rm 200		Group Fitness Cycling 7:30-8:25 pm - Rm 200				

See page 133 for fitness drop-in class descriptions.

Fitness Class Descriptions

Families

Baby and Me Yoga

A great class to connect with your child while also gaining the benefits of a yoga class. Child age limits 8 weeks to 3 years. Cost covers one child and one adult. (Jodi)

Fit for Family

Join this fun and exuberant class that will allow you and your kids to work out together and establish a healthy lifestyle. The cost of the class will cover one adult and one child. (Jessica)

Teen

Tween/Teen Yoga

Combine conscious breathing with simple movements to lengthen, strengthen and improve your flexibility. Focus on breathing, proper alignment and mind/body awareness to create calm and balance on and off the mat. (Tristiane)

Teenfit, Strength & Conditioning

Improve endurance, strength, self-esteem and knowledge in this well-rounded program promoting a healthy lifestyle. Includes weight training and cardio conditioning in a positive and welcoming atmosphere with emphasis on individual goals. (Pick-up is available from Whitford and Highland Park middle schools) (Taylor)

Teen/Adult

Boot Camp - Fitness, Strength & Endurance

Lose fat and gain muscle while improving cardiovascular conditioning, strength, posture and flexibility using free weights, resistance bands and other equipment. Class will also include abdominal work and stretching. (Chelsey & Colleen, Teresa & Lisa)

Cardio Core

A variety of workouts for all major muscle groups will keep you coming back for more. (Teresa)

Functional Movement

Learn how to move your body to reduce pain, gain flexibility and push yourself to the next fitness level. (Jessica, Danielle)

Group Fitness Cycling

A cycling class designed to burn calories and make you sweat! You go through a group setting that is aimed to build up your endurance, work on your cardio and burn calories. (Danielle, Colleen)

Indoor Cycling

Stationary bike class that is set to music and simulates a real bike ride. You will experience terrain changes and varying levels of intensity. (Mike)

Low Impact - Total Body Workout

An aerobic workout that targets the major muscles of the upper and lower body for toning and endurance. Great for total body conditioning. Beginning exercisers welcome. (Desiree)

MOVE

This new program incorporates fitness, nutrition and effective decision-making skills for a healthier way of life. Each week we will meet as a group and discuss important health and fitness topics that will help you reach your goals. A group workout follows in the weight room. (Desiree)

R.I.P.P.E.D.

This is a high energy group exercise workout that masterfully combines an easy yet effective cardiovascular routine interlaced with weights and resistance, all to music. R-Resistance, I-Interval, P-Power, P-Plyometrics, E-Endurance, D-Diet. (Christl)

Small Group Training

Join a small group and learn a variety of workout routines. Get fitness tips while building muscles, losing weight, and building towards a healthy lifestyle. No class 1/19, 2/16, 5/25. (Staff)

Tai Chi for All

This simple 8-form tai chi is easy to learn. It is recommended by the CDC as part of the Falls Prevention Program both in Oregon and nationally. There will be options to do the class seated if participants are unable to stand for the class. (Kathleen)

Tai Chi, Yang 24-Movement Form

Class studies the 24-movement Yang-style of tai chi Chuan and will also include an introduction to the 13-movement Saber form of tai chi (instructor will provide wooden sabers to use during class sessions). (Ed)

Total Body Conditioning

Challenge your entire body with cardio-step, upper body weight training, abdominal work and stretching. (Desiree, Teresa)

Triathlon Training

Train for your first triathlon or improve your next performance. Our experienced triathlete instructor will help you reach your goals or set new ones. Class meets twice a week and includes cycling, cardio work and swimming. (Lisa)

Yoga, All Levels

Relaxing yet invigorating, this yoga class is perfect for beginning and continuing students. This well-rounded workout develops flexibility, core strength, balance and inner calm. Learn the basics of breathing, positioning and alignment for safe and beneficial practice. (Jodi, Tristine)

Yoga/Pilates/Individual Focus Component

In addition to mat-based Pilates activities and yoga stretches, this class will incorporate an individual focus on improving specific anatomical joint functionality the student identifies and commits to improve upon. (Ed)

Yoga/Pilates, Joint Functionality

This class combines yoga, mat-based Pilates and joint-functionality activities. Fluid, precise movements will work weaker muscles, strengthen the core and improve balance and joint function. (Ed)

Yoga/Pilates - PLUS

In addition to mat-based Pilates activities and yoga stretches, this class will incorporate a sun salutation yoga-flow series and self-massage movements using a cylindrical foam roll. These sessions will be a good workout for those selecting one Pilates/Yoga class per week or a complimentary activity for those wanting a second class per week. (Ed)

Yoga: Putting Meditation Back on the Mat

Bring yoga back to its original spiritual essence. Above all, seek to raise your level of consciousness by reinforcing the natural effects the yoga postures. With this, it is also designed to harmonize your body, mind, and soul. (Paul, Galina)

Zumba & Zumba Step

This unique, Latin-inspired workout uses international music and dance steps to create a dynamic, exciting and effective fitness system. (Christl, Brianna, Virgillo, Jackelyne)

See page 132 for fitness drop-in schedule.

Conestoga offers childcare Monday-Friday, 8:30 am-12:30 pm. See page 116 for more information.

We will offer Black Light Zumba and Fitness Workshops throughout the term. Please give us a call for more information on these fun and exciting events!